

YOUR GUIDE TO A GUILT-FREE HOLIDAY SEASON

Savor the Season

FROM WEIGHT WATCHERS®

★ *Food is plentiful during the holidays.
Consider the following:*

- American adults tend to gain one pound each year during the holidays that's never lost.
- In one week, an extra 500 calories a day translates to one pound.

*Keep the spirit of the season in your heart
instead of on your hips.*

BE REALISTIC. Your goal during the holidays should be maintaining your weight, not weight loss.

DON'T STARVE. Skipping meals can lead to uncontrollable food cravings.

DRINK WATER. Drinking water with meals slows eating and contributes to a feeling of fullness.

KNOW WHAT YOU EAT. Write down everything you eat. Identify healthy food items and go light on the less healthy ones.

SMALLER IS BETTER. Eat small portions of only things you really want.

ASSESS DISHES ON THE TABLE. Rate each dish from 1-10, "10" being the healthiest. "1" means high sugar and/or high fat. Avoid the "1"s.

LIMIT ALCOHOL. Alcohol is a major source of calories and **POINTS**® values.

EXERCISE. To help burn calories, reduce sedentary behavior like surfing the net and gradually work up to 60 minutes of exercise on most days of the week.

Healthy Holiday Cooking

With a few smart, common-sense changes in food preparation and eating habits, you will save calories and **POINTS** values without losing the flavor.

INSTEAD OF:	CHOOSE:
Dark turkey meat	White turkey meat with no skin
Stuffing made with turkey drippings	Use a low-fat canned broth
Mashed potatoes with butter and milk	Use canned broth and skim milk
Traditional green bean casserole	Use a low-fat soup and breadcrumbs
Candied sweet potatoes	Baked sweet potatoes with margarine
Salad with cream-based dressing	A low-fat vinaigrette
Fish with hollandaise sauce	Top with a fresh fruit salsa
Gravy made with pan drippings	Use a low-fat canned broth and thicken with flour
Double-crust apple pie	Use a crust on the bottom only and serve with low-fat frozen yogurt